



BETTER AS A TEAM KNOX COUNTY YMCA

FALL 2019 ACTIVITIES FLYER

SPORTS LEAGUES

Fall Soccer (PreK-5th Grade)

The season includes six games and is broken up into Pre-K, K-1st, 2nd-3rd and 4th-5th, although divisions may vary due to registration. All children must be four years old by the first game in order to register.

Games:
Saturdays, September 7th - October 12th

\$10 late fee after August 7th
Coaches' Meeting:
Tuesday, August 13th at 6:00pm

Preschool Basketball (Session 1) (Ages 3-5)

The season includes six games for the preschool division.

Games:
Saturdays, November 2nd - December 14th

*There will be no games the weekend of Thanksgiving.

\$10 late fee after October 7th
Coaches' Meeting: TBA

Biddy Basketball (Session 1) (K-1st Grade)

The season includes six games for the K-1st grade division. All children must be four years old by the first game in order to register.

Games:
Saturdays, November 2nd - December 14th
*There will be no games the weekend of Thanksgiving.

\$10 late fee after October 7th
Coaches' Meeting: TBA

Girls' Basketball (2nd-8th Grade)

The season includes six games and is broken up into 2nd, 3rd-4th, 5th-6th, and 7th-8th, although divisions may vary due to registration.

Games:
Saturdays, November 2nd - December 14th
*There will be no games the weekend of Thanksgiving.

\$10 late fee after October 7th
Coaches' Meeting: TBA



FINANCIAL ASSISTANCE

The Knox County YMCA offers scholarships for memberships and programs. No one is ever turned away due to the inability to pay.

Sports League Fees
Y Members \$33
Non-Members \$66

Register online at www.knoxymca.org

AQUATICS

Private, Semi-Private & Small Group Swim Lessons

Private \$62/\$124*

Semi-Private \$52/\$104*

Small Group \$42/\$84*

*Y Member/Non-Member Price

Parent & Child Swim Lessons

(6-36 months)

Stage A: Water Discovery

Monday 6:00pm-6:30pm

Thursday 6:00pm-6:30pm

Preschool Swim Lessons

(3-5 years)

Stage 1: Water Acclimation

Thursday 6:30pm-7:00pm

Saturday 9:00am-9:30am

Stage 2: Water Movement

Thursday 6:00pm-6:30pm

Saturday 9:00am-9:30am

Stage 3: Water Stamina

Monday 6:30pm-7:00pm

Saturday 9:30am-10:00am

Stage 4: Stroke Introduction

Thursday 6:30pm-7:00pm

Saturday 9:30am-10:00am

Youth Swim Lessons

(6+ years)

Stage 1: Water Acclimation

Thursday 5:00pm-5:45pm

Saturday 10:00am-10:45am

Stage 2: Water Movement

Saturday 10:00am-10:45am

Stage 3: Water Stamina

Thursday 5:00pm-5:45pm

Stage 4: Stroke Introduction

Monday 5:00pm-5:45pm

Saturday 10:45am-11:30am

Stroke 5: Stroke Development

Saturday 11:30am-12:15pm

Stage 6: Stroke Mechanics

Saturday 11:30am-12:15pm

Swim Lesson Fees

One Lesson/Week for Seven Weeks:

Y Members \$28 & Non-Members \$56

AQUATIC & PLAY SESSION DATES

Session I:

September 9th - October 26th

Session II:

October 28th - December 13th

PLAY

Homeschool P.E. & Swim

(Ages 5 & Up)

Do you need a place for your homeschoolers to engage in physical exercise as well as develop relationships with their peers? Participants will rotate through a variety of exercises, sports and swimming activities each week.

Time & Dates: Wednesdays, 1:00-3:00pm

Fee: Y Members \$33 & Non-Members \$66

Martial Arts

(4-12 years)

This class is taught by an instructor from Kuk Sool Won Martial Arts School. Participants will learn self-confidence, concentration and a positive mental attitude.

Ages 4-6: Tuesdays, 6:30pm-7:00pm

Ages 7-12: Tuesdays, 7:00pm-7:45pm

Class times are subject to change based on enrollment

Fee: Y Members \$33 Non-Members \$66

Tumbling

(6 months-18 years)

Tumble, flip and roll! We are starting a new tumbling program this fall! Levels include; Parent/Child, Beginner, Novice, Intermediate and Advanced. The program is a continuous monthly draft that begins September 3rd! Visit our website for more info!

Classes: Monday, Tuesday or Thursday Evenings

Monthly Fee: Y Members \$25* Non-Members \$55

**With Household Membership*

Additional children discount of \$10 will be given.

JR. HIGH PROGRAMS

Fit Mix Home School Small Group Personal Training

(Ages 10-14 years)

Join us for a class full of body weight movements with functional exercises directed towards middle school-aged youth. Class is led by a Certified Personal Trainer.

Time & Dates: Tuesdays, 1:00-2:00pm

Fee: \$75/person

Intramural/Recreational Soccer

This league is ideal for beginners and/or players looking for a less competitive league and looking for fun! Players are placed on teams based on the school they attend. Team shirt and socks provided.

First Game: Tuesday, September 3rd

Fee: \$35/person



KROCS SWIM TEAM

The Knox County YMCA Kroc Swim Team believes the values and skills learned as an individual, along with being part of a team, are vital building blocks for life's greatest challenges. Each swimmer will learn, grow and thrive by developing the skills and relationships they need to be healthy, confident and connected to others.

A parents' meeting will be held at the YMCA before the start of the season. Registration will be open following the meeting. Come and discover all of the opportunities you have to help the Kroc family, as well as meet other swimming families.

The competitive swim season begins mid-September 2019 and concludes March 2020.

One Swimmer	\$325
1st Additional Swimmer	\$250
2nd Additional Swimmer	\$240
GHS Girl Swimmers	\$180
GHS Boy Swimmers	\$155

Like us on Facebook & Follow us on Instagram!

